Basic Sugar Cookies

Sugar cookies are the simplest cookies to make. A timeless classic enjoyed by itself, or with ice cream and whipped cream. Most cookie recipes are based on adaptations of the basic recipe. For gluten free this is no different. For people who are diabetic and gluten free, these recipes can be a challenge. A little extra sugar is often added to improve the taste of gluten free flours. Some websites cover baking gluten and sugar free.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiable labeled ingredients
Long oven mitts
Use brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

Butter (lactose)
Eggs
Flour (gluten)
Milk (lactose)
Sugar (diabetics)
Vanilla Flavor (gluten)

Meatless Preparation Avoid:

Butter
Eggs
Milk
Substitute with: _____

Utensils:

Measuring cups
2 Mixing bowls
Microwave safe cup
Spoon
Toothpick (round)
Pan: 2.5 quart glass baking pan. ***
*** Dark glass bakes quicker, so reduce time.

*** Aluminum foil pans also bake differently, and may react to acids in certain foods, such as berries.
*** Cupcake pans can also be used, and will bake at a different temperature and time. This makes it easier to freeze single serve portions.
Some recipe sites go into further detail, if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
1 3/4 cup of cookie mix (gluten free).
Verify ingredients:
1/2 cup of butter (1 stick)
3 eggs
1 tablespoons vanilla (gluten free)
1 cup of brown sugar
Dash of salt

Preparation time: 15 minutes

Preparation:
1. Melt butter in microwave safe cup for 20 to 30 seconds.
2. Mix in medium mixing bowl:
   1/2 cup butter
   3 eggs
   1 tablespoon gluten free vanilla.
3. Grease the bottom of the baking pan lightly with butter.
4. Add the flour mixture to the eggs, vanilla, and butter. Mix thoroughly.
5. Spoon onto greased pan.
6. Place greased pan in oven at 350 degrees.
7. Set timer for about 13 minutes.
8. Use a clean toothpick to verify doneness of the cookies in the middle and on the edges. It should come out clean.
9. Allow cookies to cool slightly before removing from the pan.

Cook Temperature: 350 degrees (Varies based on pan choice and elevation for those in the mountains.)
Your temperature here: _____

Cook Time: 13 to 15 minutes, based on pan choice and elevation.
Your bake time here: _____

Servings: About 10

Storage Solutions: Round containers

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources**
- **Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources**

Reheat Instructions: (Good for quick thawing).

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is warm.**
3. **Minimum 30 seconds.**
   Add your microwave time here: _____.